

CODE 2035 V4

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ACTUAL SIZE

Manufactured by NOW FOODS, BLOOMINGDALE, IL 60110
Made in the U.S.A. www.nowfoods.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

Creatine Monohydrate is a naturally occurring compound found in the human body and obtained in the diet primarily from meat and fish. Creatine is a popular supplement among active individuals because of its ability to serve as an energy reservoir, especially during intense physical exertion. During short, intense bursts of activity, the body breaks down adenosine triphosphate (ATP) into adenosine diphosphate (ADP) and phosphate for energy. Creatine helps the body convert ADP back to ATP, providing greater amounts of ATP for energy, which may increase short-term endurance and strength. Creatine can also be stored for later use by cells, creating the "energy reservoir" active individuals desire.*

SUGGESTED USAGE: As a dietary supplement, take 6 capsules with fruit juice or other sweetened liquid 3 to 4 times daily, before and after exercise, for the first 7 days. Thereafter, for maintenance use, consume 6 capsules 1 to 3 times daily. Allow 3 to 4 hours between doses. For continuous use beyond 28 days, use one serving (6 capsules) daily. Consider taking this product in combination with NOW® Pyruvate, D-Ribose and Carbo Gain.

CREATINE Monohydrate

750 mg
ATP Energizer*
120 Capsules

A Dietary Supplement



Supplement Facts

Serving Size 6 Capsules (4.5 g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	10	
Creatine Monohydrate	4.5 g (4,500 mg)	†

† Daily Value not established.

Other ingredients: Gelatin (capsule) and Magnesium Stearate (vegetable source).

Creatine may be especially useful for those doing short-term, intense exercise, such as weight lifting, football, basketball, swimming, skiing or cycling.

Caution: Consult a physician if you have impaired kidney function or are taking any prescription medications that affect kidney function.

Store in a cool, dry place. Please Recycle